

Ulcerative Colitis

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Hear how homoeopathy and good nutrition broke the vicious cycle of this colitis which was exacerbated by arthritic medication.



It was late 1988. I had had a warning of my impending bad news, with diarrhoea that did not clear up for a few weeks. However, just before Christmas, it seemed to pass so I enjoyed the annual festivities and had space for my regular intake of bad food and lots of it. Despite that, strangely, I never put on any extra weight.

After finishing school in 1989 I secured a job at a local company, but almost immediately I came down with the same symptoms as I had six months previously, only this time they did not go away. Tests were conducted to check for infection but nothing was found. As on-going assessments and time passed, things really came to a head. One morning I threw my father off the toilet in a hurry, but it was too late, I soiled the floor. The shock doubled when we noticed the blood. I was suffering from ulcerative colitis. Basically an area in the lower part of my intestine had become ulcerated, sore and x-rays showed that the 'tube' had become smooth instead of scalloped. I was prescribed tablets, told that there was no cure; but the tablets would keep things under control. The worst case scenario would be an ileostomy. Amid all of this turmoil I recall my father asking the doctors if there was a diet that I should keep with. A shrug of the shoulders and a half-hearted 'some say wheat and dairy should be avoided' was the only response.

To be honest, the next thirteen years passed by without many problems. I was taking four tablets each day. My regular helping of food couldn't be considered the perfect diet but that didn't seem to make much of a difference. The year 2002 was pivotal in my life. Whilst playing football I had apparently picked up an infection and my right leg had blown up. A hospital visit concluded with a course of antibiotics. Two weeks later, a sudden paralysis took hold virtually overnight. My back, hands, joints and neck were all stiff, swollen and painful. The pain was so unbearable I needed painkillers. This was an important catalyst. I was diagnosed with sero-negative arthritis and was prescribed anti-inflammatories. I didn't appreciate it at the time but this happened to be the beginning of my salvation. The doctors, in my opinion, did not appear to relate my recent leg infection to the sudden onslaught of arthritis. They disregarded such issues, and in fact went so far as to blame me as I had been weaning myself off the colitis tablets. I had been managing on two a day for some time.

The new anti-inflammatories started reacting furiously with my colitis. I was visiting the loo far more frequently. The faeces were watery and I had no control so accidents were common. I was in terrible pain and life was unbearable. My limbs were so inflated that I was confined to bed. The arthritis drugs were aggravating my stomach and the colitis flared up again. At age thirty and with my pregnant wife, we should have been happy and carefree but my quality of life was fast diminishing.

I had a choice to make: either stay faithful to the doctors' advice or find another solution. I tried aloe vera and nascent oxygen which initially appeared successful in taming the swelling. However, upon

stopping that treatment my symptoms swiftly returned. I was happy though to have something natural that appeared to alleviate my suffering.

Soon after, it was recommended that I consult a naturopathic practitioner. Part of her assessment involved kinesiology. It is a procedure that utilises the muscles to test the body's reactivity to substances within its environment. This can include foods, medicines, clothing and household items. My mind was opened to a whole new world, a world where the causes were investigated, not just the symptoms. I was introduced to the concept of allergies. Everything that I craved I was allergic to - dairy, wheat, gluten and citrus were irritating my gut lining, to the point where it was now medically classed as 'leaky gut'. Briefly, food allergies are where the protein molecule is too large to permeate the gut lining and slip into the bloodstream as it should. Instead it sits and rots the gut lining, causing ulceration and erosion. If this knowledge wasn't bad enough to digest, excuse the pun, my earlier thoughts regarding the leg infection also proved true. My leg was still infected. It wasn't that that my immune system was attacking itself, in truth my body was actually still fighting off what it considered to be a foreign substance, that being my food allergies.

My practitioner suggested a complex detox programme, firstly to deal with the arthritis and then to start a rebuilding programme for my badly damaged intestines. Hope at last or so it seemed. The good news was that my arthritis soon disappeared; I was no longer in pain and was slowly regaining my self-esteem and confidence. The bad news was that the detox appeared too harsh for my sensitive stomach to handle. The 'healing crisis' had begun in earnest and it could not be stopped. I was up 2-3 times every night for over a year. Despite this, my cybernetic pain barrier and my diminished self-esteem, I was still able to work normal hours,

Eventually steroids were the only answer to get my stomach under control. I was furious with my practitioner, but also grateful as I was back with just my original problem. The arthritis had well and truly gone. Once my stomach had settled, my practitioner and I began in earnest tackling the double-edged sword of reducing my inflammation levels whilst healing my gut lining and stopping the malabsorption which had been depriving my body of vital nutrients for years. My practitioner apologised that the detox may have been too successful in its aggression, but she assured me that my body was now clean for the first time and as we know, true healing will occur in such a circumstance. I was advised that our road was a five year project but by then I already had fifteen bad years behind me.

It was a frustrating period with many false starts, short-term improvements and some setbacks. My body slowly began to adjust to increased amounts of essential fatty acids. The body does not make these essential fats and modern cooking methods mean that most people are deprived of their essential fats requirements. My practitioner suggested a homeopathic form of essential fatty acids, EFA. Slowly we managed to increase the recommended daily drops. In addition to the digestive formulas and the bacterial detoxifiers, I have also taken probiotics, immune system liquescence, zinc and various infectious and parasitic formulas to keep my body clean. My healing miracle had well and truly begun.

Now in 2009, I no longer take any medication at all. For 20 years I tolerated a lack of advice and a continuous supply of tablets that I now know merely suppressed my symptoms and never addressed the root cause.

Colitis and similar conditions such as irritable bowel syndrome and leaky gut syndrome affects many people. Up until my own personal experience, I could never have believed it possible. But look at our

diets and potential food allergies: we are poisoning ourselves. Modern medicine does not address the causes. There is a place for recognised medical practice, but overall I believe I would not be in this position today if it was not for the magic of complementary medicine and my practitioner, who I have long since apologised to!

With this period of uplift, I have begun to dedicate myself to alternative practices. I have qualified as a nutritionist and am now studying flower remedies, herbs and of course kinesiology, my saviour. Complementary practitioners look at the mind, body and spirit when healing. They feed and nourish every aspect of the person. Let us also heed the wisdom of our forefathers who never visited a local pharmacy. They lived, ate and healed off the land.

Thank you for reading my story. I am certainly not unique and have treated my experience as a blessing, a lesson that should to be shared with others.

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